

June 14, 2018

DON'T JUST SWAT MOSQUITOES: PREVENT THEM FROM BREEDING AROUND YOUR HOME



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Seasonal rainy afternoons are here and that means more standing water around your home. Flower pots, trash-can lids, bromeliads and birdbaths can all collect water that provides mosquitoes the perfect place to breed.

Mosquitoes are more than a pesky annoyance: They can also carry illnesses such as West Nile Virus and Zika. The Florida Department of Health in Pinellas County (DOH-Pinellas) reminds residents to do their

part to limit the mosquito population.

To protect yourself from mosquitoes, you should remember to “Drain and Cover”:

DRAIN standing water to stop mosquitoes from multiplying.

- Drain water from garbage cans, house gutters, buckets, pool covers, coolers, toys, flower pots or any other containers where sprinkler or rain water has collected.
- Discard old tires, drums, bottles, cans, pots and pans, broken appliances and other items that aren't being used.
- Empty and clean birdbaths and pet's water bowls at least once or twice a week.
- Protect boats and vehicles from rain with tarps that don't accumulate water.
- Maintain swimming pools in good condition and appropriately chlorinated. Empty plastic swimming pools when not in use.

COVER skin with clothing or repellent.

- Clothing - Wear shoes, socks, and long pants and long-sleeves. This type of protection may be necessary for people who must work in areas where mosquitoes are present.
- Repellent - Apply mosquito repellent to bare skin and clothing.
 - Always use repellents per the label. Repellents with DEET, picaridin, oil of lemon eucalyptus, para-menthane-diol, and IR3535 are effective.
 - Use mosquito netting to protect children younger than two months old.

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Tips on Repellent Use

- Always read label directions carefully for the approved usage before you apply a repellent. Some repellents are not suitable for children.
- Products with concentrations of up to 30 percent DEET (N, N-diethyl-m-toluamide) are generally recommended. Other U.S. Environmental Protection Agency-approved repellents contain picaridin, oil of lemon eucalyptus, para-menthane-diol, or IR3535. These products are generally available at local pharmacies. Look for active ingredients to be listed on the product label.
- Apply insect repellent to exposed skin, or onto clothing, but not under clothing.
- In protecting children, read label instructions to be sure the repellent is age-appropriate. According to the Centers for Disease Control and Prevention (CDC), mosquito repellents containing oil of lemon eucalyptus should not be used on children under the age of three years. DEET is not recommended on children younger than two months old.
- Avoid applying repellents to the hands of children. Adults should apply repellent first to their own hands and then transfer it to the child's skin and clothing.
- If additional protection is necessary, apply a permethrin repellent directly to your clothing. Again, always follow the manufacturer's directions.

COVER doors and windows with screens to keep mosquitoes out of your house.

- Repair broken screening on windows, doors, porches, and patios.

For more information on repellents, use the Environmental Protection Agency's search tool to help you choose skin-applied repellent products:

<http://cfpub.epa.gov/oppref/insect/#searchform>.

For more information, visit DOH's website at <http://www.floridahealth.gov/%5C/diseases-and-conditions/mosquito-borne-diseases/index.html>.

For information about DOH-Pinellas, go to <http://pinellas.floridahealth.gov/index.html> or follow us on Twitter [@HealthyPinellas](https://twitter.com/HealthyPinellas).

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